Exploring the Dark

Unless one is willing to examine something that contributes towards a disruptive state of mind. Underlying issues that accumulate in an unhealthy way, will continue to cause disruption. As one can only ignore a problem for so long. The longer an individual chooses to live in ignorance, increases the chances of problems being unresolved. Over the course of countless months and years. This can manifest in a number of unhealthy ways. An individual attempting any number of methods, in the attempt to subdue inner turmoil. Yet significant change requires something more than an adjustment to rational thought. It requires a new way of comprehending experience altogether. For this reason, most will choose to ignore life's subtle cues. That prompt an individual to embrace something new. The more one attempts to cling to the familiarity of the past. Creates an unhealthy form of attachment; whether an individual is conscious of it or not.

An inability to move beyond that which is safe and familiar. Gradually reduces one's ability to make clear and rational decisions. Given the reluctance to expand beyond the mind's perceived limitations. Considerably narrows the range in which one can expand thought in a healthy manner. The artificial limits the mind has constructed for the purposes of safety. Act much like an invisible wall, that restrict one's ability to explore territories beyond. Yet, this mental construct can be overcome. Should an individual choose to venture beyond the invisible boundary. Though unless one is prepared to break free of limiting beliefs. The things in life that one strives toward, will no longer hold the same weight. Given that the pursuit itself can only carry an individual so far. Unless the nature of belief can exist within a framework of grounded reason. The more one attempts to overcome challenges posed by restrictive thought, the more friction one will encounter.

Therefore, it’s crucial to address underlying issues that contribute towards mental stagnation. The more one examines beliefs that contribute to an acceptance of unhealthy behaviours. The more one focuses upon changing beliefs that manifest in unhealthy ways. This helps an individual attain a new perspective of the situation. Shedding light upon various aspects of life that require attention. Although it may feel uncomfortable, growth requires one to examine the darker aspects of existence. The more an individual can sit with uncomfortable truths. Increases the chances of a breakthrough being made. As one gradually gains a greater sense of clarity. The numerous obstacles that hinder one’s advance. No longer obscure the path towards a quality of life one desires. The years of dedicated focus, accumulating in the manifestation of something greater than the sum of its parts. To inspire those of a likeminded nature, to strive towards the attainment of a dream.